



Grit: How to Keep Going When You Want to Give Up

By Martin Meadows

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Tempted to Give Up? Here's How to Keep Going

If you browse through the interviews with some of the most successful people on Earth, you'll find one common piece of advice shared by virtually all of them:

They never give up on their big goals.

Research shows that **grit is a better predictor for success than any other factor**. The ability to keep going despite setbacks is more important than your IQ, character or other external factors like your upbringing or surroundings.

But what does it really mean to “never give up”? What exactly is grit? How do you persevere when faced with larger than life difficulties? How do you keep going when you're at the brink of exhaustion and all your hard work hasn't been rewarded yet?

I wrote this book to explore the subject of persistence from a more scientific point of view than cliché self-help sayings. I want to share with you how exactly to stick to your goals according to peak performers and science – not vague motivational advice that assumes we have unlimited strength once we're motivated enough.

Here are just a couple of things you will learn from the book:

- A crucial piece of advice you can learn from the first people who reached the South Pole. **If you make the wrong choice, you'll burn out – guaranteed.**

- What famous American comic Jerry Seinfeld did in his early days of career to keep going. **It's a simple trick that provides huge results.**

- What a study on top musicians, athletes, actors and chess players can teach you about achieving results and persistence. **The elite performers practice much fewer hours than you believe.**

- Five of the most common ways you lead yourself to self-sabotage. Usually, **you're not even aware of how many of your efforts go for naught** simply because of the five things I discuss in this book.

- According to studies, this one trait is **strongly associated with grit and persistence.** Learn what it is and how to develop it in five different ways.

- Five focusing questions to keep going. Asking yourself these questions will help you **boost your motivation when you're at the brink of giving up.**

- How listening to others whining **makes a part of your brain shrink** and affects your ability to persevere when faced with setbacks.

- Six bestselling authors and bloggers share their best techniques on how to keep going when you want to give up: Stephen Guise (author of “Mini Habits: Smaller Habits, Bigger Results”), Joel Runyon (blogger at ImpossibleHQ.com), Serena Star-Leonard (bestselling author of “How to Retire in 12 Months: Turning Passion into Profit”) Derek Doepker (bestselling author of “Why You're Stuck”), Michal Stawicki (bestselling author of “Trickle-Down Mindset: The Missing Element in Your Personal Success”), and Hung Pham (bestselling author of “Break Through: 12 Powerful Steps to Destroy Your Mental Barriers and

Achieve Success”).

There’s no reason why you should give up if you’re working on the right goal. Learn how to make sure you’ll reach your objectives. Scroll up and buy the book now.

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Editorial Review

Review

"Martin keeps his discussion sided by charts and graphs to keep the information scientifically sound, but where his book excels in the personal manner in which he shares his won steps and offers a warm arm around the shoulder stance." - **Grady Harp, top 100 Amazon reviewer**

"Once again, this book is chocked with research, details, helps, tricks, tips, nuggets. This book works best when coupled with his other book How To Build Self-Discipline. If you want to persevere and build mental toughness to keep going then check out this book." - **Dave Anthold, reader**

"A down-to-earth and comprehensive guide to persistence and achievement of one's goal(s), "Grit" is an admirable addition to one's motivational library. It follows fast on the footsteps of Meadows' previous book, "How to Build Self-Discipline." - **Kenna McKinnon, reader**

"I have to admit that this is the second book I've read from this author and I'm always impressed with what he has to share. As someone who knows a lot about this subject myself, there were still lots of good nuggets of information that opened my eyes and made me consider things in different ways. To me, that's a sign of effective writing." - **James Anthony, reader**

"What I found most interesting about the book was that it also describes not only how to become more persistent but how to become relentless in the pursuit of one's goals. The book is balanced as the author also covers a number of pitfalls the reader may experience." - **Jim McCraigh, reader**

From the Author

I wrote this book to explore the science of persistence and help you keep going when you're tempted to give up.

By making it the goal of this book, I assume you already have a powerful motivation to work on your goals, yet you find yourself rapidly approaching the point of giving up. **Together we'll explore how to push through obstacles and stay tough even when you've yet to get the taste of the reward you're after.**

I supplement scientific advice with my personal experience in various areas such as fitness, business and learning new skills. Some of the things I achieved thanks to persistence include losing over 30 pounds in 12 weeks (and no, I've never gained it back), creating several businesses, learning two foreign languages, and overcoming crippling shyness.

We'll start with asking the most important question (nothing else matters if your answer to this question is "no"), and then proceed to seven chapters dedicated to various aspects of persistence. In the final chapter, you'll get advice from six other self-help authors to get different perspectives.

When you finish this book, **you'll possess a whole slew of tips and tricks to keep going when you want to give up.** You'll understand which behaviors will threaten your goals and which ones will help you stay on course.

Last but not least, **you'll be ready to tackle challenges that would make an average person yell with**

frustration.

About the Author

Martin Meadows is the pen name of a bestselling author who has dedicated his life to personal growth. He constantly reinvents himself by making drastic changes in his life. Over the years, he has: regularly fasted for over 40 hours, taught himself two foreign languages, lost over 30 pounds in 12 weeks, ran several businesses in various industries, took ice-cold showers and baths, lived on a small tropical island in a foreign country for several months, and wrote 400-page long novel's worth of short stories in one month.

Yet, self-torture is not his passion. Martin likes to test his boundaries to discover how far his comfort zone goes. His findings (based both on his personal experience and scientific studies) help him improve his life. If you're interested in pushing your limits and learning how to become the best version of yourself, you'll love Martin's works.

Users Review

From reader reviews:

Michael Cooke:

Information is provisions for those to get better life, information these days can get by anyone from everywhere. The information can be a information or any news even a huge concern. What people must be consider when those information which is inside the former life are difficult to be find than now is taking seriously which one is suitable to believe or which one the resource are convinced. If you get the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Grit: How to Keep Going When You Want to Give Up as the daily resource information.

Daniel McDonald:

The particular book Grit: How to Keep Going When You Want to Give Up will bring someone to the new experience of reading the book. The author style to clarify the idea is very unique. In case you try to find new book you just read, this book very appropriate to you. The book Grit: How to Keep Going When You Want to Give Up is much recommended to you you just read. You can also get the e-book from your official web site, so you can quickly to read the book.

Thomas Palmer:

Grit: How to Keep Going When You Want to Give Up can be one of your basic books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort that will put every word into satisfaction arrangement in writing Grit: How to Keep Going When You Want to Give Up but doesn't forget the main level, giving the reader the hottest and also based confirm resource facts that maybe you can be considered one of it. This great information can drawn you into brand new stage of crucial imagining.

Michael Albright:

Is it an individual who having spare time in that case spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This Grit: How to Keep Going When You Want to Give Up can be the response, oh how comes? A fresh book you know. You are so out of date, spending your time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

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